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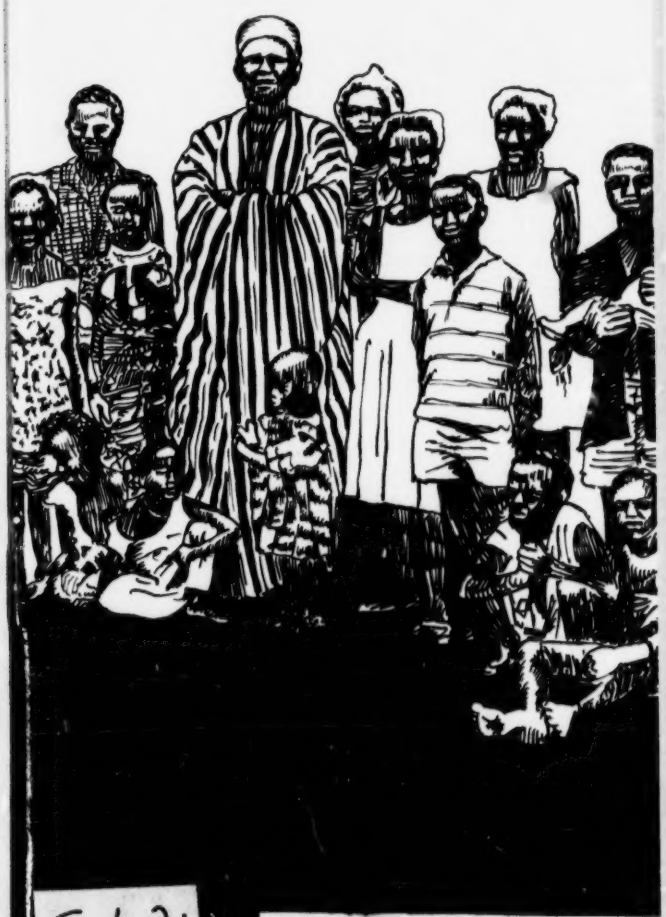
United States Department of State
Bureau of Consular Affairs

Tips for Travelers to Sub-Saharan Africa



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Tips for Travelers to Sub-Saharan Africa

General Information

Your trip to Africa will be an adventure off the beaten path. The estimated 90,000 U.S. citizens who travel to sub-Saharan Africa each year are only a fraction of the more than 40 million Americans who go overseas annually.

The Department of State encourages international travel. Conditions and customs in sub-Saharan Africa, however, can contrast sharply with what you are used to. These pages contain advice to help you avoid inconvenience and difficulties as you go. Take our advice seriously but do not let it keep you at home. Africans are happy to share not just their scenery, but their culture and traditions as well.

Before you go, learn as much as you can about your destination. Your travel agent, local bookstore, public library, and the embassies of the countries you plan to visit are all useful sources of information. Another source is the Department of State's *Background Notes* series, which includes a pamphlet for each country in Africa. You may order the pamphlets for $2 each from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

This brochure covers all of Africa except the five nations bordering the Mediterranean. Sub-Saharan Africa includes 46 nations and 1 territory, Namibia. Forty of these nations and Namibia are on the mainland. In addition, four island nations in the southwest Indian Ocean (Madagascar, Comoros, Mauritius, and Seychelles) and two island nations in the Atlantic Ocean (Cape Verde and Sao Tome and Principe) are considered part of Africa. For convenience, we will often use the word "Africa" to refer to the sub-Saharan region. For travel information on the five northern

African nations, see *Tips for Travelers to the Middle East and North Africa.*

Travel Advisories

The Department of State issues travel advisories concerning serious health or security conditions that may affect U.S. citizens. If traveling to areas of Africa where security conditions are a concern, you may wish to inquire whether an advisory is in effect for the country you plan to visit. Current advisories are available at the 13 regional passport agencies in the United States, at U.S. embassies or consulates abroad, and from the Citizens Emergency Center, Room 4811, Department of State, Washington, D.C. 20520 (202/647–5225).

As you travel, keep abreast of local news coverage. You are encouraged to register with the nearest U.S. embassy or consulate if you plan a long stay in one place or if you are in an area where communications are poor or that is experiencing civil unrest or some natural disaster. Remember to leave a detailed itinerary with a friend or relative in the United States in case of an emergency.

Health

Health problems affect more visitors to Africa than any other difficulty. Information on health precautions can be obtained from local health departments, the U.S. Public Health Service, private doctors, or travel clinics. General guidance can also be found in the U.S. Public Health Service book, *Health Information for International Travel*, available for $4.75 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Depending on your destination, immunizations may be recommended against cholera, diphtheria, tetanus, hepatitis, meningitis, polio, typhoid, and yellow fever.

Malaria is found in at least part of every country of sub-Saharan Africa except Cape

Verde and Lesotho. Falciparum, the malignant form of malaria, is present in most sub-Saharan malarial areas. Malaria prophylaxes and mosquito avoidance measures are recommended when traveling within or through those regions. If possible, to avoid contact with mosquitoes from dusk to dawn, wear long clothing, use insect repellent on exposed skin, and a flying insect spray in living and sleeping quarters. Prophylaxes should begin 2 weeks before going to an area where malaria is endemic and should continue for at least 4 weeks after leaving the area. Chloroquine is the malaria prophylaxis most easily tolerated by the human body. However, in much of Africa, mosquitoes are becoming resistant to chloroquine. If you are going to an area where mosquitoes may be chloroquine-resistant, consult a medical expert for an additional prophylaxis. At times, however, malaria may break through any drug or drug combination. Should you develop chills, fever, and headaches while taking antimalarial drugs, promptly seek medical attention.

Sleeping sickness, borne by the tsetse fly, is generally not a high risk for international travelers. However, you may be at risk in certain game parks and savannah regions. These insects bite in the day and are attracted by movement and bright colors. Insect repellent and clothing that covers the entire body and blends with the background environment are recommended. Insect repellent also provides protection against ticks. If you are going into wooded areas where ticks might be present, use repellent, wear close fitting clothes, and search your body for ticks afterwards.

Schistosomiasis (or bilharzia) is found throughout sub-Saharan Africa except in Cape Verde, Lesotho, and the Seychelles. These parasites can penetrate unbroken skin and can be avoided by not swimming or wading in fresh water. Safe and effective oral drugs are available to treat schistosomiasis.

Some countries have shortages of medicines; bring an adequate supply of any prescription

and over-the-counter medicines that you are accustomed to taking. Keep all prescriptions in their original, labeled containers.

Medical facilities may be limited, particularly in rural areas. Should you become seriously ill or injured abroad, contact the nearest U.S. embassy or consulate. A U.S. consular officer can furnish a list of recommended local hospitals and English-speaking doctors. Consular officers can also inform family or friends in the United States of your condition. Because medical coverage overseas can be quite expensive, prospective travelers should review their health insurance policies. If your policy does not provide medical coverage overseas, consider buying supplemental insurance. You should also consider obtaining insurance to cover the exorbitant cost of medical evacuation should it become necessary.

Except in first-class hotels, drink only boiled water or bottled beverages. Avoid ice cubes. Also, avoid dairy products, unless you are certain they are pasteurized. Vegetables and fruits should be peeled or washed in a purifying solution. A good rule of thumb is, if you can't peel it or cook it, don't eat it. Diarrhea caused by eating contaminated food or drinking impure water is potentially very serious. If it persists, seek medical attention.

An increasing number of countries have established regulations regarding AIDS testing, particularly for long-term residents and students. Check with the embassy or consulate of the country you plan to visit for up-to-date information.

Weather

Sub-Saharan Africa is tropical, except for the high inland plateaus and the southern part of South Africa. Within 10 degrees of the Equator, the climate seldom varies and is generally hot and rainy. Farther from the Equator, the seasons become more apparent. If possible, plan your trip for the winter months. If traveling to rural areas, avoid the rainy

months, which generally run from May through October, since roads may be washed out.

Visa and Other Entry Requirements

A U.S. passport is required for travel to all countries in Africa. In addition, most countries in sub-Saharan Africa require U.S. citizens to have a visa. If visas are required, obtain them before you leave home. If you decide to visit additional countries en route, it may be difficult or impossible to obtain visas. In most African countries, you will not be admitted into the country and will have to depart on the next plane if you arrive without a visa. This can be particularly inconvenient if the next plane does not arrive in several days, the airport hotel is full, and the airport has no other sleeping accommodations.

The Department of State publication, *Foreign Visa Requirements*, gives basic information on entry requirements and tells where and how to apply for visas. For ordering information, see the end of this pamphlet.

The best authority on a country's visa and other entry requirements, however, is its embassy or consulate and we recommend that you check with them before applying. Allow plenty of time to obtain the visas. An average of 2 weeks for each visa is recommended, but some countries may require at least a month. Before you apply, check the following:

- Visa price, length of validity, and number of entries.
- Financial data required—proof of sufficient funds, proof of onward or return ticket.
- Immunizations required.
- Currency regulations.
- Import/export restrictions.

- Departure tax. If required, be sure to keep sufficient hard currency so that you may leave the country on schedule.
- AIDS clearance certification. Some countries require travelers to submit certification or be tested upon arrival for AIDS.

Some African countries will refuse to admit you if you have South African visas or entry and exit stamps in your passports. If you have such notations in your passport or plan to visit South Africa in conjunction with a trip to other African countries, contact a U.S. passport agency for guidance.

Restricted Areas

A visa is good only for those parts of a country that are open to foreigners. Several countries in Africa have areas of civil unrest or war zones that are off-limits to visitors without special permits. Others have similar areas that are open but surrounded by security checkpoints where travelers must show their passport, complete with a valid visa. When traveling in such a country, keep your passport with you at all times. No matter where you travel in Africa, do not overstay the validity of your visa; renew it if necessary.

If stopped at a roadblock, be courteous and responsive to questions asked by persons in authority. At night, turn on the interior light of the car. In areas of instability, however, avoid traveling at night. For information on restricted areas and security risk areas, consult Department of State travel advisories (see p. 2) or, if you are already in Africa, the nearest U.S. embassy or consulate.

In some areas, when U.S. citizens are arrested or detained, police or prison officials have failed to inform the U.S. embassy or consulate. If you are detained for any reason, ask to talk with a U.S. consular officer.

U.S. Citizens Married to Foreign Nationals

Women who travel to Africa should be aware that in some countries, either by law or by custom, a woman and her children need the husband's permission to leave the country. If you or your children travel, be aware of the laws and customs of the places you visit. Do not visit or allow your children to visit unless you are confident that you will be permitted to leave. Once overseas, you are subject to the laws of the country you are in; U.S. laws cannot protect you.

Currency Regulations

The amount of money, including traveler's checks, which may be taken into or out of African countries varies. In general, visitors must declare all currency and traveler's checks upon arrival. Do not exchange money on the black market. Use only banks and other authorized foreign exchange offices and retain receipts. You may need to present the receipts as well as your original currency declaration when you depart. Currency not accounted for may be confiscated, and you may be fined or detained.

Many countries require that hotel bills be paid in hard currency. Some require that a minimum amount of hard currency be changed into the local currency upon arrival. In some countries, the import or export of local currency is prohibited.

U.S. Wildlife Regulations

The United States prohibits the import of products from endangered species, including the furs of spotted cats. Most African countries have enacted laws protecting wildlife, but poaching and illegal trafficking in wildlife are still commonplace. By importing products made from endangered species, you risk seizure of the product and a possible fine.

African ivory can be imported legally, but much of what is offered for sale is illegal. If you do decide to buy ivory products, your chances of making legal purchases are increased if you obtain a government export permit with each purchase.

Importing some types of parrots and other wild birds from Africa is generally legal but it is subject to licensing and other controls. Some restrictions require the birds be placed in quarantine upon arrival to ensure they are free from disease. For further information on the import of wildlife and related products, consult TRAFFIC (U.S.A.), World Wildlife Fund—U.S., 1250 - 24th Street, N.W., Washington, D.C. 20037.

Air Travel

If you are flying to places in Africa other than the major tourist destinations, you may have difficulty securing and retaining reservations and experience long waits at airports for customs and immigration processing. For extended delays, you may need proof of a confirmed reservation in order to obtain food and lodging vouchers from some airlines. Flights are often overbooked, delayed, or cancelled and when competing for space on a plane, you may be dealing with a surging crowd rather than a line. Traveling with a packaged tour may insulate you from some of these difficulties. All problems cannot be avoided, but you can:

- Learn the reputation of the airline and the airports you will use to forestall problems and avoid any unpleasant surprises.
- When possible, reserve your return passage before you go; reconfirm immediately upon arrival.
- Ask for written confirmation, complete with file number or locator code, when you make or confirm a reservation.

- Arrive at the airport earlier than required in order to put yourself at the front of the line—or the crowd, as the case may be.
- Travel with sufficient funds for an extra week's subsistence in case you are stranded.

Photography

Photography is generally encouraged in most of Africa. Most governments, however, prohibit the photographing of military installations or locations having military significance, including airports, bridges, tunnels, port facilities, and public buildings. Visitors can seek guidance on restrictions from local tourist offices or from the nearest U.S. embassy or consulate. Taking photographs without prior permission can result in your arrest or the confiscation of your camera and/or film.

Shortages, High Prices, and Other Problems

Consumer goods, gas, and food are in short supply in some African countries and prices for these commodities may be high by U.S. standards. Shortages of hotel accommodations also exist, so confirm reservations well in advance. Some countries experience disruptions in electricity and water supply or in services such as mail and telecommunications.

Local Transportation

Rental cars, where available, may be expensive. Hiring a taxi is often the easiest way to go sightseeing. Taxi fares should be negotiated in advance. Travel on rural roads can be slow and difficult in the dry season, or disrupted by floods in the rainy season.

Specific Country Information

Angola

Individuals arriving in Angola without a visa may be arrested. Foreigners are restricted to certain areas and should scrupulously follow Angolan laws and regulations. Shortages of medical services, food, and consumer goods as well as disruptions in utilities are commonplace.

The United States does not maintain diplomatic relations with Angola. There is no U.S. embassy in Luanda, and the U.S. Government is not in a position to accord normal consular protective services to U.S. citizens who travel to Angola.

Travel to Angola is considered dangerous. Although travel in the capital city of Luanda is relatively safe, travel by road, rail, or air within Angola is unsafe due to the possibility of guerilla attack. UNITA (National Union for the Total Independence of Angola) has publicly warned that it cannot be responsible for the safety of foreigners who live or travel in contested areas or for the timely release of foreigners captured by UNITA.

Benin

Photographing the Presidential Palace and military and economic facilities is strictly prohibited. During the rainy season, many roads are impassable. Credit cards are accepted at only one major hotel in Cotonou. Big game hunting must be licensed and is sometimes suspended. Game trophies cannot be exported without a permit. Check with the Benin authorities before traveling or with the U.S. Embassy when you arrive for further details.

Botswana

No visa is needed for a visit of up to 90 days. Tapwater is potable in major towns. Travelers may be stopped at roadside checkpoints. Consumables, medicines, and gas are all imported from South Africa and are generally available.

Burkina Faso

Travelers must stop at occasional police roadblocks or other checkpoints. A government permit is required for photography, particularly in cities.

Burundi

Travelers are urged to obtain a visa in advance to avoid delays upon arrival. Because tourist accommodations are limited outside Bujumbura, make reservations well in advance. Medical facilities are also limited and some consumer goods may be in short supply.

Cameroon

Airport security is stringent and visitors may be subject to baggage searches. Cameroon has a good domestic transportation system. Roadside security checkpoints are maintained on all major roads. Carry your passport and a valid visa with you at all times in case you are stopped.

Cape Verde

These rugged volcanic islands have a dry, temperate climate. Tourist facilities are limited.

Central African Republic

Emergency medical care is inadequate. The tapwater is not potable, but bottled water is available. Confirm your onward flights before you arrive because confirmation is difficult once in the country. Do not display or use photographic equipment without permission from the Ministry of Information. Roads often flood in the rainy season.

Chad

Government permits are required for photography and for travel outside N'Djamena. Several former combat zones in the country are still heavily mined. Travel in most parts of southern Chad is safe, although the roads are poor and facilities are limited. Upon arrival,

consult the U.S. Embassy for a situation report on current conditions.

Comoros

Visas are issued at the airport upon arrival, and an exit permit is required for departure. Visitors must have an onward/return ticket.

Congo

Visa applicants must show that they have a hotel reservation, an invitation from a relative or friend in the Congo, or, if visiting on business, documentation of their business status. To cross the Congo River by ferry from Brazzaville to Kinshasa, you need a visa for Zaire and a special permit issued by the Embassy of Zaire in Brazzaville. Photography of public buildings or installations is restricted.

Cote d'Ivoire

Visitors arriving without a visa are not allowed to enter the country. A good network of paved roads links all major towns. Unpaved roads are dusty in the dry season and slippery in the rainy season. Metered taxis and rental cars are available.

Djibouti

Visas must be obtained before arrival. Outside the capital, only one surfaced road is available. For travel inside the country, take an experienced guide and use a vehicle equipped for rough terrain.

Equatorial Guinea

Two photos must be submitted to airport authorities upon arrival. Visitors should carry passport-size photographs with them since it may be difficult to find a photographer after arrival. Visas must be obtained in advance.

Medical facilities are limited, and there are no dentists or opticians in the country. Water is not potable and many visitors bring their own bottled water. Consumer goods are in short supply. Snorkeling, boating, and fishing are

available, but bring your own equipment. Tourist facilities are limited.

Ethiopia

Airlines and hotels do not usually accept credit cards. All bills must be paid in cash or traveler's checks.

For travel outside Shoa province, you must have a permit from the National Tourist Organization (NTO). Permits are not always granted. Many areas of the country are off-limits to foreigners. The NTO generally requires tourists traveling outside of Addis Ababa to take along, and pay the expenses of, an NTO guide. Travel within Ethiopia may involve serious inconvenience and/or danger. The civil war between the Ethiopian regime and rebels continues in the northern provinces, and the famine in those areas and others poses problems for travelers. A midnight to 5 a.m. curfew is in effect in Addis Ababa and most other urban areas.

Certain buildings and public places may not be photographed. Consult your NTO guide or another authority before using either a camera or binoculars in Ethiopia. To import a video camera, you must have a permit in advance and be prepared for a delay and questioning at customs, both on arrival and departure. A permit is also required to export antiques and animal skins. It is not unusual for foreigners and their Ethiopian acquaintances to be stopped by government officials and questioned.

Gabon

Visas must be obtained before arrival. Travelers arriving without a visa may be detained by airport officials or confined in an airport jail.

Taxis are plentiful along major routes in Libreville. Roadblock checkpoints are in Libreville and between other towns. Train service is available between Libreville and Franceville in addition to an extensive domestic airline network.

Gambia

Tourist facilities are good, but unpaved roads in the city and surrounding areas make travel difficult, especially during the rainy season. Tapwater is potable, but boiled or bottled water is recommended outside of Banjul.

Ghana

Ghana has strict laws on currency exchange, and on the import and export of gold, diamonds, and other natural resources. Attempts to evade these regulations are punishable by a 3- to 7-year prison term. Before conducting any business transactions, visitors should contact the commercial and consular sections at the U.S. Embassy in Accra for specific advice. Smuggling is a serious crime in Ghana and airport officials have the authority to conduct body searches. If detained for any reason, request that the U.S. Embassy be notified.

Ghana has roadblock checkpoints where automobiles and sometimes passengers may be searched. Use cameras cautiously. Possession of a camera in some areas is considered suspicious. Individuals have been arrested for taking pictures near sensitive installations.

Prices are high and there are shortages of medicines, consumer goods, and gasoline, as well as disruptions in utilities. Hotel accommodations are limited, so reserve well in advance. All hotel bills must be paid in hard currency.

Guinea

All travelers must surrender their passports to Guinean immigration authorities at the airport in Conakry. Visitors may reclaim their passports at the Central Immigration Office in downtown Conakry 24 hours after arrival.

Most hotels accept payment only in hard currency or by credit card. Local currency may not be imported or exported. Road travel is difficult, particularly in the rainy season. Exercise caution if taking photographs, since

Guinean officials and private citizens may object even if you have a permit.

Guinea-Bissau

Visas must be obtained in advance. Local currency may not be exported or imported. Hotel bills must be paid in local currency, and credit cards are not accepted. Carry U.S. currency in small denominations of $20 or less as the banks and hotels will not change large bills into local currency.

Road conditions make overland travel to Senegal difficult and to Guinea almost impossible. Water is not potable, and bottled water is generally unavailable. All fruits and vegetables should be chemically treated and should not be eaten raw or unpeeled.

Kenya

Obtain visas before arrival to avoid delays at the airport. U.S. citizens should not have trouble entering Kenya from South Africa, provided their visit there was less than 3 months.

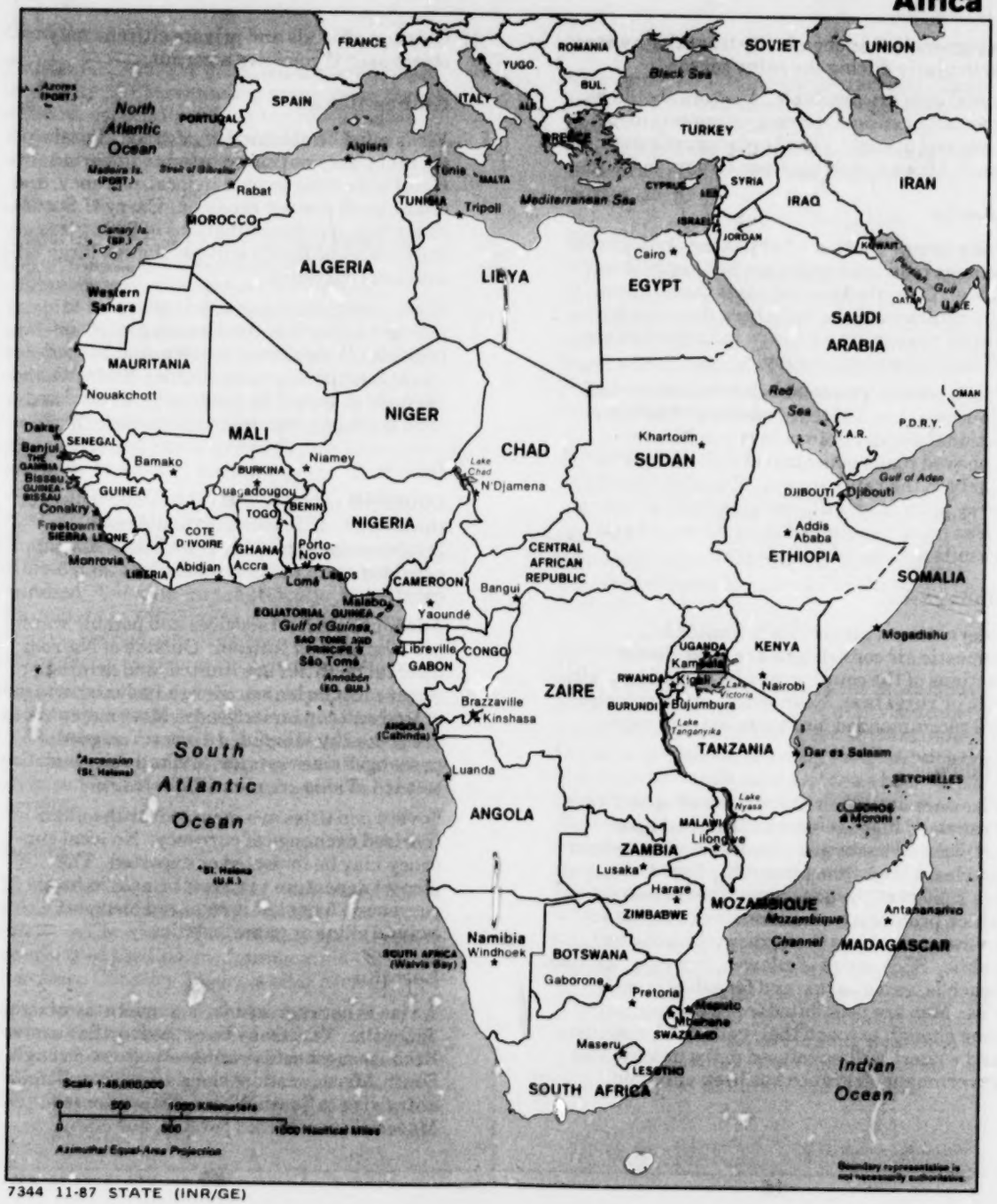
Adequate medical services and potable water are available in Nairobi. Outside of Nairobi, medical facilities are limited, and drinking water must be boiled. Kenya has no shortages of food and consumer goods. Most major towns are linked by scheduled air service, good passenger train service, and intercity bus service. Taxis are plentiful in Nairobi.

Severe penalties are incurred for the unauthorized exchange of currency. No local currency may be imported or exported. The airport departure tax must be paid in hard currency. A permit is required to export animal skins or game trophies.

Lesotho

A visa is not required for a tourist stay of up to 3 months. Visas may be extended after arrival. Because most routes to Lesotho pass through South Africa, visitors should have a multiple-entry visa to South Africa. Tapwater in Maseru is considered potable, but many

Africa



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foreigners boil or chemically treat their water, particularly during the rainy season.

Rental cars are available. Visitors should be especially cautious driving on mountainous roads and at night. The border crossings to South Africa are closed from 10 p.m. to 6 a.m.

Liberia

Use extreme caution when taking photographs because restricted areas are not easily identifiable. Tourists have had their camera and film confiscated and have been detained for simply possessing a camera in areas that are off-limits for photography.

Tourist facilities are adequate in and around Monrovia, but limited elsewhere. The international airport is 36 miles from Monrovia. Unpaved roads make travel difficult, particularly in the rainy season. Travelers should carry proof of identity documents at all times. Visas must be obtained in advance and exit permits are issued upon arrival.

Madagascar

International air service is limited but domestic air connections are good. Some sections of the country may be visited by train, bus, or rural taxi. Four-wheel-drive vehicles are recommended for travel on rural roads.

Malawi

Visas are not required for visits of up to 1 year. Travelers' luggage may be searched upon arrival and books and videotapes may be held for clearance by the censorship board. Visitors are subject to the government dress code, which prohibits women from wearing shorts, trousers, or skirts that expose the knee in public. Such attire is allowed, however, at beaches, game parks, and for athletic activities. Men are prohibited from wearing hair long enough to touch their collars. Journalists and writers will be refused entry unless prior government clearance has been obtained.

Mali

Visas must be obtained before arrival. Taxis are available in Bamako. The road from Bamako to Mopti and a few other roads branching to the south are paved; travel on other roads is difficult, particularly in the rainy season.

Mauritania

Visas must be obtained before arrival. Mauritania is a Muslim country, and conservative dress is recommended; this means garments with sleeves, dress length to cover the knee, and no shorts. Taxis are plentiful in Nouakchott. Local currency may not be imported or exported.

Mauritius

Visas are not required for a stay of up to 3 months, provided the visitor has an onward/return ticket. Tapwater is potable; avoid uncooked vegetables. Rental cars and taxis are plentiful and bus service between towns is good.

Mozambique

Due to insurgent activities of the Mozambican National Resistance (RENAMO), road and rail travel outside major cities can be hazardous. On certain highways, visitors should be careful of occasional roadblocks and searches. Entry permits must be obtained before arrival in Mozambique. Keep your valid entry permit and passport with you at all times. Obtain current security information at the U.S. Embassy, particularly if you are planning travel outside of Maputo.

Food is scarce, consumer goods are in short supply, and disruptions in utilities are common. Bills must usually be paid in dollars or traveler's checks. Bring sufficient cash for your stay, as U.S. dollars are not available through local banks. Currency should be exchanged only at authorized locations.

Namibia

Several areas have experienced bombings, mine explosions, shootings, and other acts of terrorism. Most of northern Namibia should be avoided. South Africa administers Namibia, therefore your visa for South Africa is good for Namibia. Check security conditions with the U.S. Consulate in Capetown before traveling.

Photography is not permitted at military installations, at diamond-mining areas, or anywhere in the north.

Niger

Visas must be obtained in advance as they are not available at the airport. Taxis are the only form of public transport easy to obtain. Roadside checkpoints should be respected. A permit is required to take pictures. Photographing the airport or government facilities is prohibited.

Nigeria

Although it is not required for a visa, yellow fever vaccinations are recommended, especially for travel outside of urban areas. All currency must be declared in writing upon arrival, and a minimum of $100 must be exchanged into local currency. Currency control regulations should be strictly observed because violations are punishable by arrest, prosecution by military tribunal, and prolonged detention.

Air travel is adequate for both international and domestic flights but is often overcrowded, overbooked, and subject to unscheduled cancellations and delays. In Lagos and other cities, beware of high crime areas and avoid traveling at night. Export of antiquities and ceremonial objects must be approved by the Nigerian Department of Antiquities.

Rwanda

Although shortages occur, food supplies are generally adequate. A permit is needed to export game trophies. Visits to the gorillas in

Parc de Volcans must be booked at least a month in advance.

Sao Tome and Principe

Tourist visas are available upon arrival. There is no U.S. embassy in this country, but the American Ambassador to Gabon is also accredited to Sao Tome and Principe. Consular services for U.S. citizens are handled through the U.S. Embassy in Libreville, Gabon.

Senegal

Obtain visas in advance to avoid delays upon arrival. Although Dakar is a major port of entry into western Africa, international air service is often overcrowded and unpredictable.

Seychelles

Visas are issued upon arrival and may be extended for up to 1 year, provided visitors have an onward/return ticket and sufficient funds for their stay. Firearms and spearfishing equipment may not be imported.

Sierra Leone

Visitors must declare all foreign currency on an official exchange control form. This form is certified, stamped, and used to record all currency exchanges while in the country. You must exchange $100 of hard currency upon arrival. Allow extra time for the river ferry on the route between the airport and Freetown.

Somalia

All foreign currency must be declared upon entering the country. Banks are the only legal place to exchange money. Private currency transactions and trading on the black market are illegal, and offenders are prosecuted. Prices can be high and consumer goods are often scarce. Outside of Mogadishu, tourist accommodations are rustic. Unnecessary travel to the northern and central provinces should be avoided because of occasional

dissident activity. Check security conditions with the U.S. Embassy upon arrival.

South Africa

Obtain visas in advance. Strict government security measures are in effect and travel in regular tourist areas is generally safe. However, the security situation should be considered. The greatest unrest has been in urban black townships, although city centers and some shopping areas have experienced random terrorist bombings and sporadic unrest. Daylight muggings and robberies are also common in some areas. Avoid travel to the so-called "independent homelands" of Bophuthatswana, Venda, Ciskei, and Transkei. Consult the U.S. Embassy or nearest consulate if you plan to visit these areas (see p. 31).

Severe restrictions are imposed on reporting or photographing demonstrations, funerals, and any incident of civil unrest. South African emergency regulations allow the arrest and indefinite detention of persons considered a threat to public order. If you are detained for any reason, ask to talk with a U.S. consular officer.

Despite security problems, air travel is efficient. You can travel throughout the country by plane, train, or highway. There are no shortages or disruptions in services and utilities, and the tapwater is potable.

Sudan

When visiting Khartoum, exercise caution because of the potential for terrorism. Travelers should avoid Equatoria, Upper Nile, and Bahr El-Ghazal, the three provinces of southern Sudan. The latter two are usually off-limits to foreigners. The U.S. Embassy is not able to provide normal consular protection and services in these areas. Visitors are required to register their place of residence with the local police within 3 days of arrival, to obtain police permission to change residence, and to register within 24 hours of arriving at a new location. Consult the U.S. Embassy in

Khartoum on security conditions during your stay.

Air travelers are advised to purchase round-trip tickets before traveling to Sudan. When leaving the country, arrive at the airport two hours in advance. Unforeseen circumstances, such as sandstorms and electrical outages may cause flight delays. Disruptions of water and electricity are frequent and telecommunications are slow. Because of shortages, travelers should bring adequate supplies of medicine and personal items for their stay.

The possession, sale, and consumption of alcohol are strictly forbidden in Sudan. Persons with alcoholic beverages in their possession at the port of entry are subject to immediate arrest. A license to take photographs must be obtained from the Department of Hotels and Tourism. Photographing military areas, bridges, drainage stations, broadcast stations, public utilities, and slum areas or beggars is prohibited.

Swaziland

No visa is needed for a visit of up to 2 months. For longer stays, temporary residence permits are available after arrival in Mbabane. Visitors entering from South Africa must report to immigration authorities or the police station within 48 hours, unless lodging in a hotel. Tapwater is potable in the cities.

Tanzania

Visitors must obtain visas before arrival or they may be denied entry. Travelers with a multiple-entry South African visa in their passports or other evidence of prior or planned travel to South Africa may be detained for many hours, threatened with deportation, or denied entry for several days or altogether. Even tourists with new passports have been delayed by Tanzanian immigration authorities because they were suspected of concealing second passports with South African markings.

All foreign currency must be declared upon entering the country. Undeclared currency

may be confiscated. Visitors must exchange a minimum of $50 into local currency. Non-residents must pay hotel bills and game park fees in foreign currency. Banks are the only legal place to exchange money. Private currency transactions and trading on the black market are illegal, and offenders are prosecuted. Tourists should not change more money than they will use because it may be confiscated on departure. The departure tax must be paid in hard currency.

Travel in Tanzania is generally safe. However, beware of street crime, especially after dark. Be cautious at public beaches and avoid secluded areas. Consult authorities before traveling to remote regions and obtain updated information on conditions in the country from the U.S. Embassy. U.S. citizens have had problems on a number of occasions when they attracted the suspicion of authorities, violated laws, or entered the country by private aircraft without adequate notice or clearance. Police, immigration officers, and prison officials are sensitive to matters that may affect national security, such as travel near the Mozambique border. If you are detained for any reason, ask to talk with a U.S. consular officer.

Visitors have been detained or had their cameras and film confiscated for taking pictures of military installations, hospitals, schools, industrial areas, airports, harbors, railway stations, bridges, government buildings, and similar facilities. These structures are often picturesque and not clearly identified as being off-limits for photography. Photography in game parks is unrestricted.

Conservative dress is recommended. Outside of Dar es Salaam, some consumer goods are in short supply.

Togo

No visa is required for a stay of up to 3 months; however, travel to some remote areas may require a permit.

Uganda

Visas must be obtained before arrival. Visitors must declare all currency and exchange $150 for local currency upon arrival. Travel in Kampala is generally safe. Travelers should have no difficulty at the roadblocks outside of Kampala and Entebbe if they carry their passports with them. The southern and southwestern districts of Uganda are normally safe for travel. Travel to the northern regions of the country should be avoided. Consult the U.S. Embassy for updated information on security conditions in those areas.

Zaire

Credit cards are not widely accepted. To cross the Congo River from Kinshasa to Brazzaville, you must obtain a special permit from the Immigration Department in Zaire and a visa for Congo.

Most intercity roads are difficult or impassable in the rainy season. Certain mining areas are off-limits to foreigners. When driving in cities, keep windows rolled up and doors locked; at roadblocks, open your window only partially and display your passport through the window. Photography of public buildings or installations is strictly forbidden.

Zambia

Visas must be obtained in advance. Foreign currency cannot be obtained locally. If possible, carry traveler's checks since credit cards are seldom accepted outside of major hotels. Use cameras only in tourist areas or other locations specifically approved by Zambian authorities. Avoid clothing that could be mistaken as military apparel.

Visitors should be cautious when traveling in Zambia. Because several military incidents have occurred in the south, Zambian police and security forces are suspicious of foreigners. Foreigners have sometimes been detained for no apparent reason, and authorities have been slow in informing embassies of their citizens'

detention. If you are detained, ask to talk with a U.S. consular officer.

Major roads are open, but police roadblocks are common, and vehicles and passengers are searched. Take precautions against crime and avoid travel at night. Also avoid driving off major roads because military restricted zones are often unmarked. In the north, be cautious in the area of the Zambia-Zaire border because of police and military actions aimed at curbing smuggling. Flying directly from Lusaka to the Luangwa Valley game park or its major attraction, Victoria Falls, is safe, but travel to the west of the Zambezi River is discouraged.

Zimbabwe

No visa is required. However, you must have both an onward/return ticket and sufficient funds for the stay. No shortages of food occur, but prices are high and there are sometimes spot shortages of consumer goods. All currency must be declared upon arrival. Failure to declare currency can result in confiscation and a fine. Exchange money only where authorized and save all receipts until departure. Hotel bills must be paid in hard currency.

Due to periodic unsafe security conditions, travelers should avoid certain roads and rail routes in Zimbabwe. Security conditions are particularly uncertain along the Mozambique border. The tourist destinations of Victoria Falls, the Hwange safari area, and Matopos National Park have been safe, although some areas of the park have been off-limits for visitors. Travel to unsettled areas by air only. If road travel is unavoidable, however, stay on the main roads, travel only in daylight, and avoid unnecessary stops. Consult with the U.S. Embassy and the local police before setting out. Hitchhiking or off-road travel is strongly discouraged. There are police and military roadblocks throughout the country.

Photography is off-limits in certain regions of the Zambezi Valley where antipoaching operations are in progress. Authorities are also extremely sensitive about photographing certain buildings, such as government offices, official residences, and embassies.

Foreign Embassies and Missions in the United States

Permanent Mission of **ANGOLA** to the U.N.
747 - 3d Avenue
18th Floor
New York, NY 10017

Embassy of **BENIN**
2737 Cathedral Ave., NW
Washington, DC 20008
(202) 232-6656

Embassy of **BOTSWANA**
4301 Connecticut Ave., NW
Suite 404
Washington, DC 20008
(202) 244-4990

Embassy of **BURKINA FASO**
2340 Massachusetts Ave., NW
Washington, DC 20008
(202) 332-5577

Embassy of **BURUNDI**
2233 Wisconsin Ave., NW
Suite 212
Washington, DC 20008
(202) 342-2574

Embassy of **CAMEROON**
2349 Massachusetts Ave., NW
Washington, DC 20008
(202) 265-8790 to 8794

Embassy of **CAPE VERDE**
3415 Massachusetts Ave., NW
Washington, DC 20007
(202) 965-6820

Embassy of **CENTRAL AFRICAN REPUBLIC**
1618 - 22d Street, NW
Washington, DC 20008
(202) 483-7800/1

Embassy of **CHAD**
2002 R Street, NW
Washington, DC 20009
(202) 462-4009

Embassy of **COMOROS**
336 E. 45th Street
2d Floor
New York, NY 10017
(212) 972-8010

Embassy of **CONGO**
4891 Colorado Ave., NW
Washington, DC 20011
(202) 726-5500/1

Embassy of **COTE d'IVOIRE**
2424 Massachusetts Ave., NW
Washington, DC 20008
(202) 797-0300

Embassy of **DJIBOUTI**
1430 K Street, NW
Suite 600
Washington, D.C. 20005
(202) 347-0254

Embassy of **EQUATORIAL GUINEA**
801 Second Ave.
Suite 1403
New York, NY 10017
(212) 599-1523

Embassy of **ETHIOPIA**
2134 Kalorama Rd., NW
Washington, DC 20008
(202) 234-2281

Embassy of **GABON**
2034 - 20th Street, NW
Washington, DC 20009
(202) 797-1000

Embassy of **GAMBIA**
1030 - 15th Street, NW
Suite 720
Washington, D.C. 20005
(202) 842-1356, 1359

Embassy of **GHANA**
2460 - 16th Street, NW
Washington, DC 20009
(202) 462-0761

Embassy of **GUINEA**
2112 Leroy Place, NW
Washington, DC 20008
(212) 483-9420

Permanent Mission of **GUINEA-BISSAU** to the U.N.
211 East 43d Street
Suite 604
New York, NY 10017
(212) 661-3977

Embassy of **KENYA**
2249 R Street, NW
Washington, DC 20008
(202) 387-6101

Embassy of **LESOTHO**
2511 Massachusetts Ave., NW
Washington, DC 20008
(202) 797-5533

Embassy of **LIBERIA**
5201 - 16th Street, NW
Washington, DC 20011
(212) 723-0437 to 0440

Embassy of **MADAGASCAR**
2374 Massachusetts Ave., NW
Washington, DC 20008
(202) 265-5525/6

Embassy of **MALAWI**
2408 Massachusetts Ave., NW
Washington, DC 20008
(202) 797-1007

Embassy of **MALI**
2130 R Street, NW
Washington, DC 20008
(212) 332-2249

Embassy of MAURITANIA
2129 Leroy Place, NW
Washington, DC 20008
(212) 232-5700/1

Embassy of MAURITIUS
4301 Connecticut Ave., NW
Suite 134
Washington, DC 20008
(202) 244-1491/2

Embassy of MOZAMBIQUE
1990 M Street, NW
Suite 570
Washington, DC 20036
(202) 293-7146

Embassy of NIGER
2204 R Street, NW
Washington, DC 20008
(202) 483-4224 to 4227

Embassy of NIGERIA
2201 M Street, NW
Washington, DC 20037
(202) 822-1500

Embassy of RWANDA
1714 New Hampshire Ave., NW
Washington, DC 20009
(202) 232-2882

Embassy of SAO TOME AND PRINCIPE
801 Second Ave.
Suite 1504
New York, NY 10017
(212) 697-4211

Embassy of SENEGAL
2112 Wyoming Ave., NW
Washington, DC 20008
(202) 234-0540/1

Permanent Mission of **SEYCHELLES to the U.N.**
820 Second Ave.
Suite 203
New York, NY 10017
(212) 687-9766

Embassy of SIERRA LEONE
1701 - 19th Street, NW
Washington, DC 20009
(202) 939-9261

Embassy of SOMALIA
600 New Hampshire Ave., NW
Suite 710
Washington, DC 20037
(202) 333-5808

Embassy of SOUTH AFRICA
3051 Massachusetts Ave., NW
Washington, DC 20008
(202) 337-3452

Embassy of SUDAN
2210 Massachusetts Ave., NW
Washington, DC 20008
(202) 338-8565 to 8570

Embassy of SWAZILAND
4301 Connecticut Ave., NW
Washington, DC 20008
(202) 362-6683

Embassy of TANZANIA
2139 R Street, NW
Washington, DC 20008
(202) 939-6125

Embassy of TOGO
2208 Massachusetts Ave., NW
Washington, DC 20008
(202) 234-4212/3

Embassy of UGANDA
5909 - 16th Street, NW
Washington, DC 20011
(202) 726-7100

Embassy of ZAIRE
1800 New Hampshire Ave., NW
Washington, DC 20009
(202) 234-7690/1

Embassy of ZAMBIA
2419 Massachusetts Ave., NW
Washington, DC 20008
(202) 265-9717 to 9721

Embassy of ZIMBABWE
2852 McGill Terrace, NW
Washington, DC 20008
(202) 332-7100

United States Embassies and Consulates Abroad

Note: Workweek is Monday–Friday except where noted. Mail to APO and FPO addresses must originate in the United States; the street address must not appear in an APO or FPO address.

BENIN
American Embassy
Rue Caporal Anani Bernard
B.P. 2012
Cotonou
Tel: [229] 300–650

BOTSWANA
American Embassy
P.O. Box 90
Gaborone
Tel: [267] 353–982

BURKINA FASO
American Embassy
B.P. 35
Ouagadougou
Tel: [226] 306–723

BURUNDI
American Embassy
B.P. 1720, Avenue du Zaire
Bujumbura
Tel: [257] (2) 23454

CAMEROON
American Embassy
Rue Nachtigal
B.P. 817
Yaounde
Tel: [237] 234–014

CAPE VERDE
American Embassy
Rua Hojl Ya Yenna 81
C.P. 201
Praia
Tel: [238] 614–253, 614–363

CENTRAL AFRICAN REPUBLIC
American Embassy
Avenue President Dacko
B.P. 294
Bangui
Tel: 610–200, 612–578

CHAD
American Embassy
Ave. Felix Eboue
B.P. 413
N'Djamena
Tel: [235] 516–211, 516–233

COMOROS
American Embassy
B.P. 1318
Moroni
Tel: 731–203

CONGO
American Embassy
Avenue Amilcar Cabral
B.P. 1015, Box C
Brazzaville
Tel: 832–070, 832–624

COTE D'IVOIRE
American Embassy
5 Rue Jesse Owens
01 B.P. 1712
Abidjan
Tel: [225] 320–979

DJIBOUTI
American Embassy
Plateau de Serpent, Blvd.
Marechal Joffre
B.P. 185
Djibouti
Tel: [253] 353–849, 353–995
Workweek: Sunday–Thursday

EQUATORIAL GUINEA
American Embassy
Calle de Los Ministros
P.O. Box 597
Malabo
Tel: 2406, 2507

ETHIOPIA
American Embassy
Entoto St.; P.O. Box 1014
Addis Ababa
Tel: [251] (01) 551–002

GABON
American Embassy
Blvd. de la Mer
B.P. 4000
Libreville
Tel: [241] 762–003/4, 743–492

GAMBIA
American Embassy
Fajara (East), Kairaba Ave;
P.M.B. No. 19
Banjul
Tel: [220] 92856, 92858

GHANA
American Embassy
Ring Road East
P.O. Box 194
Accra
Tel: 775–347

GUINEA
American Embassy
2d Blvd. and 9th Ave.
B.P. 603
Conakry
Tel: 441-520 through 24

GUINEA-BISSAU
American Embassy
Avenida Domingos Ramos
C.P. 297
Bissau
Tel: [245] 212-816/7

KENYA
American Embassy
Moi/Haile Selassie Ave.
P.O. Box 30137
Nairobi
Tel: [254] (2) 334-141

American Consulate
Palli House, Nyerere Ave.
P.O Box 88079
Mombasa
Tel: [254] (11) 315-101

LESOTHO
American Embassy
P.O. Box 333, Maseru 100
Maseru
Tel: [266] 312-666

LIBERIA
American Embassy
APO NY 09155
United Nations Dr.
P.O. Box 98
Monrovia
Tel: [231] 222-991 through 4

MADAGASCAR
American Embassy
14 and 16 Rue Rainitovo,
Antsahavola; B.P. 620
Antananarivo
Tel: [261] (2) 21257, 20956, 20089

MALAWI
American Embassy
P.O. Box 30016
Lilongwe
Tel: [265] 730-166

MALI
American Embassy
Rue Testard and Rue Mohamed V
B.P. 34
Bamako
Tel: [223] (22) 225-834

MAURITANIA
American Embassy
B.P. 222
Nouakchott
Tel: [222] (2) 52660, 52663

MAURITIUS
American Embassy
Rogers Bldg. (4th Fl.)
John Kennedy Street
Port Louis
Tel: 082-347

MOZAMBIQUE
American Embassy
35 Rua Da Mesquita, 3d Fl.
P.O. Box 783
Maputo
Tel: [258] (11) 742-797, 743-167

NIGER
American Embassy
B.P. 11201
Niamey
Tel: [227] 722-661 through 4

NIGERIA
American Embassy
2 Eleke Crescent
P.O. Box 554
Lagos
Tel: [234] (1) 610-097

American Consulate General
2 Muska Rd.,
P. O. Box 170
Kaduna
Tel: [234] (1) 201-070

RWANDA
American Embassy
Blvd. de la Revolution
B.P. 28
Kigali
Tel [205] 75601, 72126

SENEGAL
American Embassy
B P. 49
Avenue Jean XXIII
Dakar
Tel: [221] 214-296

SEYCHELLES
American Embassy
Box 148
APO NY 09030
Victoria
Tel: [248] 23921

SIERRA LEONE
American Embassy
Corner Walpole and
Siaka Stevens St.
Freetown
Tel: 26481

SOMALIA
American Embassy
Corso Primo Luglio
P.O. Box 574
Mogadishu
Tel: [252] (01) 20811
Work week: Sunday-Thursday

SOUTH AFRICA
American Embassy
Thibault House
225 Pretorius St.
Pretoria
Tel: [27] (12) 284-266

American Consulate General
Broadway Industries Center
Heerengracht, Foreshore
Cape Town
Tel: [27] (21) 214-280, 214-287

American Consulate General
Durban Bay House, 29th Fl.
333 Smith Street
Durban
Tel: [27] (31) 304-4737/8

American Consulate General
11th Fl., Kine Center
Commissioner and Krulis Sts.
P.O. Box 2155
Johannesburg
Tel: [21] (11) 331-1681

SUDAN
American Embassy
Sharia Ali Abdul Latif
P.O. Box 699
Khartoum
Tel: 74700, 75680, 74611

SWAZILAND
American Embassy
Central Bank Bldg.
P.O. Box 199, Warner Street
Mbabane
Tel: [268] 22281 through 5

TANZANIA
American Embassy
36 Laibon Rd. (off Bagamoyo Rd.)
P.O. Box 9123
Dar Es Salaam
Tel: [255] (51) 37501

TOGO
American Embassy
Rue Pelletier Caventou &
Rue Vauban; B.P. 852
Lome
Tel: [228] [21] 212-991, 213-609

UGANDA
American Embassy
British High Commission Bldg.
Obote Ave., P.O. Box 7007
Kampala
Tel: [256] (41) 259-791, 259-795

ZAIRE
American Embassy
310 Avenue des Aviateurs
Kinshasa
Tel: [243] (12) 25881

American Consulate General
1029 Blvd. Kamanyola, B.P. 1196
Lubumbashi
Tel: [243] 222-324

ZAMBIA
American Embassy
Corner of Independence and United
Nations Aves.
P.O. Box 31617
Lusaka
Tel: [260] (1) 214-911

ZIMBABWE
American Embassy
172 Rhodes Ave., P.O. Box 3340
Harare
Tel [263] (4) 794-521

Planning Another Trip?

For general travel information, the following pamphlets may be ordered for $1 each from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402:

— ***Your Trip Abroad***
— ***A Safe Trip Abroad***
— ***Travel Tips for Senior Citizens***
— *Tips for Americans Residing Abroad*

Copies of the following publications in this series are also available for $1 from the U.S. Government Printing Office:

- *Tips for Travelers to the Caribbean*
- *Tips for Travelers to the People's Republic of China*
- *Tips for Travelers to Cuba*
- *Tips for Travelers to Eastern Europe and Yugoslavia*
- *Tips for Travelers to Mexico*
- *Tips for Travelers to the Middle East and North Africa*
- *Tips for Travelers to South Asia*
- *Tips for Travelers to the U.S.S.R.*

General visa information for these and other countries is available in *Foreign Visa Requirements*. This publication may be ordered for 50¢ from the Consumer Information Center, Pueblo, Colorado 81009.

CORRECTION

The first paragraph on page 8, under U.S. Wildlife Regulations, is incorrect. As of June 9, 1989, all imports of African elephant ivory into the United States have been banned.